



chhoti chhoti BATEIN

- The Boss
- With one glass of milk
- & much more...

LIFE

Three things of life once gone never comes back

Time, words & opportunity

Three things of life must not be lost

Peace, hope & honesty.

Three things of life are most valuable

Love, self-confidence & friends

Three things of life are never sure

Dreams, success & fortune

Three things make a man/woman

Hard work, sincerity & success

Three things of life that destroy a man/woman

Wine, Pride & Anger

-Unknown

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SAD STORY



Well, friends can get you in trouble. Three fellows I heard about were at a convention together and were sharing a large suite on the top of a 75-storey skyscraper.

After a long day of meetings, they were shocked to hear that the elevators in their hotel were broken & they would have to climb 75 flights of stairs to get to their room. Clem said to Ted and Alex, "Let's break the monotony of this unpleasant task by concentrating on something interesting. I'll tell jokes for 25 flights, Ted can sing songs for the next 25 flights and Alex can tell sad stories for the rest of the way."

At the 26th floor, Clem stopped telling jokes and Ted began to sing. At the 51st floor Ted stopped singing Alex began to tell sad stories. "I will tell my saddest story first," he said. "I left the room key in the car!"

The Boss

We were discussing life-changing statements. You know, the type of statement that hits home so hard that it changes your thinking, forever steering you on a different path. Some movies have that quality, some sermons, some people, some moments, and even some MountainWings. They literally drill their way into your spirit. You enter one person and exit another, forever influenced and changed by the encounter.

My mother and I were having dinner with a lawyer. It was not business but a friendly dinner with the lawyer, his wife, and two of their children. He told a personal story about a life-changing statement and its effect that I feel will change the life course of at least one person that reads MountainWings.

This lawyer is the kind of man about whom I would say, "I want my son to turn out like him." He is the kind of man that if I were forced to choose another father I would say, "I would like a father like this man." I have a great respect for this lawyer. He is the reason that I have never used a lawyer joke on MountainWings though lawyer jokes seem to be the most common kind on the net. His character is one of the best that I have seen among men, and each time I read a lawyer joke, I could never imagine him as that lawyer. As I heard Attorney Bill Merritt speak, I knew that at least one MountainWings reader would be affected by what he said, possibly for life.

Maybe it's you. Attorney Merritt began to tell the tale: I had a professor in business school that, like a marine drill sergeant, constantly drilled one thing into us. I didn't

think it was that significant at the time but the drilling was so constant that when I graduated I automatically followed his advice (or drilling, whichever you want to call it). It's amazing what repetition will do.

We were all eager students, ready to conquer the world, ambitious, motivated, smart, loaded with dreams, and impatient to make our mark in the world. The instructor's constant repetition was, "When you leave this school and look for a job, don't choose your job based on the salary. Don't choose your job based on the city. Don't choose your job based on the benefits or the prestige of the company.

Choose your first job on one criterion and one criterion only. Choose it based on the character of your boss." I thought that was a strange thing. Not only strange but also difficult to determine. I trusted my instructor and his voice wouldn't leave my head, so his advice ultimately guided my job search. I ended up out in the middle of nowhere working for a diesel engine manufacturing company in the Midwest, Cummins Engine. My boss was the CEO, Henry Schacht. I didn't realize it until years after I started my own law firm that how I handled my business was exactly the way Schacht handled things. I related to my secretary, to the other partners, to the paralegals, even to the clean-up crew, in the exact way that Henry Schacht did. We called his quotes and ways, Shockisms. I remember most vividly a meeting held by Schacht. The CEO's of some major Fortune 500 companies were there. Most had flown in on private jets. You've read about those types of jets. Multi-million dollar chariots with private bathrooms, couches, bars, large screen TV's, stereos, bedrooms, telephones, gourmet

meals, you name it and they have it.

Most have never seen the inside of such luxury jets much less flown in them. These were the air cars these men flew in on. There were eight or nine of some of the most powerful men in America around that table. Henry Schacht sat at the head. I was awed and somewhat humbled being in the presence of such power, success, and wealth. These companies were blue chip all the way and here I was in the midst of them. In the middle of the meeting, Schacht suddenly looked at his watch and said, "it's 4 o'clock, it's time for my son's soccer game," and he got up, excused himself, and left. I saw the jaws drop of every CEO at that table. I could hear them thinking-"The nerve of this man to leave such an important meeting because his son has a soccer game. Doesn't he realize how many thousands of dollars per hour it costs just for my plane to fly me here? Doesn't he know how much my time is worth? All for a soccer game?"

Henry Schacht never missed a game that his son played. Henry Schacht had his priorities in order. I now understand the wisdom of my instructor. What seemed so silly at the time, as I look back at it, makes so much sense. My first boss influenced me to a degree that I would have never thought possible. I act so much like him, that I now see why the instructor insisted that we choose our first full-time job based on the character of the boss. That was Attorney Bill Merritt's story. We were at his house because he wanted his children to meet my mother. My mother wanted his children to meet me. The point is we were there because Attorney Merritt wanted his children to meet someone that he felt would add positive influence in their lives. His children are doing

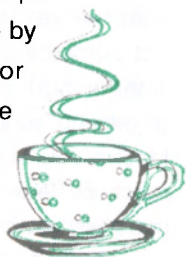
great. Of the two present at the dinner, one had just graduated from Princeton and the other is a sophomore at Princeton, majoring in aerospace engineering. Both had a peace and maturity of spirit that far exceeded youth of their age and most older adults. Do you know what it felt like? It felt like the children of a father that hadn't missed any soccer games, no matter what the cost. The first boss's influence went beyond the boardroom. For the student or person that has yet to enter their first career full-time job, this MountainWings may be for you. It's not something that you are generally taught, especially with the tight job market. Maybe you don't need to think of leaving school and getting the first job that you can. Maybe you need to think of school as making you really ready to learn and be shaped, like soft putty. Maybe your first boss is the main sculpturer. Be careful whom you allow to shape you. Henry Schacht is now Chairman of Lucent Technologies. I am willing to bet that he still has his priorities in order. I am willing to bet that he still knows the true cost of a missed game and that it is too high of a price to pay.

-A MountainWings Original

TEA CAN FRESHEN YOUR BREATH

A cup of tea warms the soul - and freshens your breath, and even fights infections. Two recent laboratory studies add to mounting evidence of the health benefits of tea. In the first study, conducted at Pace University, green tea extracts were mixed with several different kinds of

bacteria, including those that cause strep throat and tooth decay. The researchers found that green tea was effective at fighting bacteria by inhibiting their growth. "Our research shows tea extracts can destroy the organism that causes disease," says lead researcher Milton Schiffenbauer, PhD, a microbiologist and biology professor at Pace University in New York City. In fact, the same study suggests that green tea also helps toothpaste and mouthwash fight viruses - by eliminating bacteria. Toothpaste or mouthwash alone demonstrated little effectiveness at fighting viruses. However, by adding green tea extracts, the bacteria were nearly eliminated and the toothpaste was then able to fight off the viruses.



What's responsible for the health benefits of tea? Teas contain polyphenols, which are antioxidants that protect human cells from damage. Flavonoids are a group of polyphenols that occur naturally in tea. It is suspected that high levels of these polyphenols in the body can fight viruses as well as cancer, including pancreas, colon, bladder, prostate, and breast cancer.

In the "bad breath" study, researchers combined black tea extracts with three species of bacteria (all linked with bad breath) in petri dishes for 48 hours. They compared the results with bacteria that sat alone. In all cases, tea polyphenols inhibited the growth of bacteria by 30% and

reduced the production of compounds that cause bad breath. The study suggests that rinsing with black tea keeps plaque from forming and destroys acids that cause tooth decay. "Besides inhibiting the growth of pathogens in the mouth, black tea and its polyphenols may benefit human oral health by suppressing the bad-smelling compounds that these pathogens produce," says lead researcher Christine D. Wu, PhD, professor of periodontics at the University of Illinois, Chicago. Both studies detailing health benefits of tea were presented at the annual American Society for Microbiology General Meeting, Washington, D.C., May 18-22, 2003.

-Jeanie Lerche Davis,
WebMD Medical News

Work smart, not hard

"The whole secret of freedom from anxiety over not having enough time lies not in working more hours, but in the proper planning of the hours."

-Frank Bettger

We need to commit time to doing the right things for ourselves, and only we can judge what's right for us. We need to clearly know what we want, and we need to believe we can have it. Having goals in mind, we can avoid the trap of busyness and get right down to business. Efficiency is not nearly as important as effectiveness.

For fulfillment, we need to take our lives off autopilot. We need to consciously decide what we will and will not do, moment by moment. We need to give ourselves the space, support and freedom to be proactive in choosing how we live each day.

"Learn to use ten minutes intelligently. It will pay you huge dividends."

-William A. Irwin

THOUGHT TO PONDER

Once there were two opposing armies - the good army and the evil army. During the battle one of the generals in the good army saw his side's flag starting to falter. The soldier holding the flag was letting it slip. So the general ran over and hoisted the flag high for all to see. He knew the importance of the flag and its constant visibility to the rest of his troops. With the flag held high, the good army won the day.

When you see yourself starting to slip off into a sour mood or a negative mental film, take right action. Seize the flag of your awareness and lift it high. Refuse to descend! Stay awake and you'll see Truth win the day.

-Tom Russell



Natural Vibrations

"I sing the body electric."

-Walt Whitman

The water that makes up so much of our bodies is like ocean water. The salt crystals in this water vibrate at ever-changing frequencies. Our hearts are the emotional centers of our bodies, and they put out frequencies that are 10 times the power of the frequencies of our brains.



When we are happy, we vibrate at a higher frequency than when we are angry or sad. Our emotions change the chemical composition of the water in our systems. That's why happy tears taste different than tears of sadness.

Experiencing physical, emotional and mental stillness harmonizes the vibrational output of the body, heart and mind and we become stronger.



"The message we give our bodies - one of irritation or acceptance - is the message to which our bodies will answer."

-Debbie Shapiro

With One Glass Of Milk



One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry.

He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door. Instead of a meal, he asked for a drink of water.

She thought he looked hungry and so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness."

He said, "Then I thank you from my heart."

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strengthened

also. He had been ready to give up and quit.

Year's later, that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease.

Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, he went down the hall of the hospital to her room. Dressed in his doctor's gown, he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day, he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested from the business office to pass the final billing to him for approval. He looked at it, then wrote something on the edge, and the bill was sent to her room.

She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill.

She read these words:

"PAID IN FULL WITH ONE GLASS OF MILK...."

(Signed) Dr. Howard Kelly."

Tears of joy flooded her eyes as her happy heart prayed: "Thank You, God, that Your love is shed abroad through human hearts and hands."

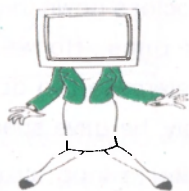
-Author Unknown

Male or Female

As you are aware, ships have long been characterized as being female (e.g., “Steady as she goes”, or “She’s listing to starboard, Captain!”). Recently, a group of computer scientists (all males) announced that computers should also be referred to as female. Their reasons for drawing this conclusion follow.

Five reasons to believe computers are female:

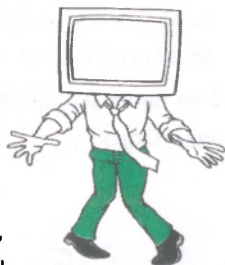
1. No one but the Creator understands their internal logic.
2. The native language they use to communicate with other computers is incomprehensible to everyone else.
3. The message “Bad command or file name” is about as informative as, “If you don’t know why I’m mad at you, then I’m certainly not going to tell you.”
4. Even your smallest mistakes are stored in long-term memory for later retrieval.
5. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.



However, another group of computer scientists (all female) think that computers should be referred to as if they were male. Their reasons follow.

Five reasons to believe computers are male:

1. They have a lot of data, but are still clueless.
2. They are supposed to help you solve problems, but half the time they are the problem.
3. As soon as you commit to one, you realize that, if you had waited a little longer, you could have obtained a better model.
4. In order to get their attention, you have to turn them on.
5. Big power surges knock them out for the rest of the night.



-Mountainwings

MOST IMPORTANT QUESTION

During my second month of nursing school, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions, until I read the last one: "What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would I know her name? I handed in my paper, leaving the last question blank. Before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor. "In your careers you will

meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello.” I’ve never forgotten that lesson. I also learned her name was Dorothy.

-dobhrran.com

Eagles in a Storm

Did you know that an eagle knows when a storm is approaching long before it breaks? The eagle will fly to some high spot and wait for the winds to come.

When the storm hits, it sets its wings so that the wind will pick it up and lift it above the storm. While the storm rages, below the eagle is soaring above it. The eagle does not escape the storm. It simply uses the storm to lift it higher. It rises on the winds that bring the storm. When the storms of life come upon us ... and all of us will experience them...we can rise above them by setting our minds and our belief toward God.

The storms do not have to overcome us. We can allow God’s power to lift us above them. God enables us to ride the winds of the storm that bring sickness, tragedy, failure, and disappointment into our lives. We can soar above the storm.

Remember, it is not the burdens of life that weigh us down, it is how we handle them.

-Sharon Coles White Dove Ministries

Happiness

You can't buy it. You can't wear it.

You can't drive it, or drink it, or sell it, or steal it.

You can't lock it away. You can't negotiate for it.

You can't win it, you can't marry it,
you can't inherit it, you can't cheat it.

You can't smoke it, or inject it, or rent
it or borrow it.

You can't campaign for it or beg for
it, or talk other people into giving you
theirs.



You can live happiness. You can create it. You can be it.

You can give it to others. You can enjoy it. You can share it.

You can claim it. You can have as much as you wish.

You can enjoy it as much as you want,
at any time, under any circumstance.

You can work with it, play with it, worship,
travel, eat, and sleep with it.

Happiness is yours to live and yours to give, if only you will.

It comes from the inside, and the best way to experience
it is to get it flowing out.

Forget about trying and striving to get happy.

Just decide to be happy, and happiness is yours.

-Ralph Marston



*A brand new span of weeks and days
Will start with shouts of cheer and praise*

*A pack of weeks, yes, fifty-to
For us to use for plans anew*

*So let us know with silent prayer
Resolve to use this year with care*

*And make each moment really count
In kindness, an endless amount*

*In thoughtfulness and truth and trust
In deeds humane and action just*

*And if we do this, never fear
This will be a Happy New Year!!*

Happy New Year
2004



One ought never to turn one's back on a threatened danger and try to run away from it. If you do that, you will double the danger. But if you meet it promptly and without flinching, you will reduce the danger by half. Never run away from anything. Never!

-Winston Churchill



The Law of the Seed

Take a look at an apple tree. There might be five hundred apples on the tree, but each apple has just ten seeds. That's a lot of seeds!

We might ask, "Why would you need so many seeds to grow just a few more apple trees?" Nature has something to teach us here. It's telling us: "Not all seeds grow. In life, most seeds never grow. So if you really want to make something happen, you had better try more than once." This might mean:

You'll attend twenty interviews to get one job. You'll interview forty people to find one good employee. You'll talk to fifty people to sell one house, one car, one vacuum cleaner, one insurance policy, or a business idea. And you might meet a hundred acquaintances just to find one special friend. When we understand the "Law of the Seed", we don't get so disappointed. We stop feeling like victims. We learn how to deal with things that happen to us. Laws of nature are not things to take personally. We just need to understand them - and work with them.

IN A NUTSHELL

Successful people fail more often. But they plant more seeds. When Things Are Beyond your control, here's something that you must NOT DO so as to be happy: You must not decide how you think the world SHOULD be. You must not make rules for how everyone SHOULD behave. Many times, such thoughts can bring you spiralling down into

more unhappiness.

On the other hand, let's say you expect that:

Friends SHOULD return favours.

People SHOULD appreciate you.

Planes SHOULD arrive on time.

Everyone SHOULD be honest.

Your husband or best friend SHOULD remember your birthday. These expectations may sound reasonable. But often, these things won't happen! So you end up frustrated and disappointed. There's a better strategy. Demand less, and instead, have preferences! For things that are beyond your control, tell yourself:

"I WOULD PREFER "A", BUT IF "B" HAPPENS, IT'S OK TOO!"

You prefer that people are polite.. but when they are rude, it doesn't ruin your day. You prefer sunshine.. but if it rains, it is ok too!

To become happier, we either need to:

a) Change the world, or

b) Change our thinking.

It is easier to change our Thinking!

IN A NUTSHELL

It is not the problem that is the issue,
but rather it is your

attitude attending to the problem that is the problem.
It's not what happens to you that determine your happiness
but rather how you think about what happens to you!



- Lady J via SPW

THE GOOD OLD DAYS...?

Does life seem to be more complicated than before? Too many plastic cards and PIN numbers and technology? One woman quipped, "I'd like to bank by phone, but I can't figure out how to get the money in those little holes." Computers, of course, are supposed to make work more efficient. I love them-but I feel overwhelmed by their complexity at times. And I wonder how we became so dependent on them. Like when retired Rear Admiral Heintz Loeffler received a personalized computer-generated letter from a respected charity. It began, "Dear Rear...." But I'd hate to go back to the B.C. era (before computers). With all its drawbacks and perplexities, progress has still carried us forward. After all, the "good old days" were never really that good.

Consider medicine. Early medical treatments too often relied on scientifically unproven potions and procedures. According to Dr. Herbert Benson in his audiotape *Timeless Healing* (Simon & Schuster;1996), so-called modern medicine in days of yore often did more harm than good. Patients endured purging, vomiting, poisoning, cutting,blistering, bleeding, freezing, heating, sweating, bleaching and shocking, and were advised to consume lizard blood, crocodile dung,pig's feet, worms and spiders. Almost all human and animal excretions were consumed or applied in medical treatments. Is that why the expression, "If it tastes bad, it's got to be good for you" became a cultural maxim?

We have come a long way and I don't want to go back. Better days are here today, and tomorrow can be the best yet. I believe that the rest of my life will be the best of my life. Let technology advance. But let me take care of the other areas of my life, too. I want to be a better person - starting from the inside. I want to constantly grow - to cultivate healthier attitudes, develop my character, accept greater responsibility for myself, make better decisions, sharpen my mind, care for my body, learn to love freely and nurture my spirit.

Do you believe that the rest of your life will be the best of your life? Will you help to make it so?

-Steve Goodier

ABSENT-MINDED PILOT....

A Filipino pilot who became well known for his absent-mindedness was invited to pilot a new flying boat. The pilot had a good time flying. After spending a couple of hours in the air, the pilot decided that it was time to land. He was about to make a landing on the ground when his assistant reminded that they were supposed to land on the sea. "Yes, I know. I was just testing you," answered the pilot. "I am not that absent-minded." So the flying boat made a safe landing on the water. Having accomplished this, the pilot, being proud for not committing a big mistake, opened the door and stepped into the sea.



Through All of Life's Changes

Together, we have seen many changes in our lives and the world since we first became friends. But somehow, even with all that has happened, our friendship hasn't changed, except to grow stronger. Feeling close to another is such a special feeling and adds so much to life... no wonder your friendship means so much to me. When I stop to think about it, the closeness we share is right up there with the things I value most in life. Just being together always means the start of good times... thought-provoking times ... and even provoking times! (But isn't that the way it should be?)

If we couldn't talk things over and make things right, we never would have made it through these changing times, remaining the good friends we are.

There aren't many people I could say this to, but I can say to you - if there's ever anything I can do to boost you up or help you out or get you through, I'll be there. And if you simply want me to be with you to share a joyful moment ... nothing could make me happier.

We've been through so many changes - some of them for the good. Others have been difficult. But through it all, we've known we could always count on each other. That's why I feel so good about the times we'll share in days to come ... positive about life and all the happiness it can hold. And I truly know in my heart, through all of life's changes, we'll always be friends.

-Larry S. Chengges

EXPRESSIONS

"10 - Commandments"

1. Start the day with the following slogan :-
"Today is going to be a happy day for me"
2. Don't mix up family life with your work.
Forget family problems the minute you leave for work. Similarly don't bring problems from the work place to home.
3. If you have children, play with them/just go through their school homework/ask them about their hobbies, games etc. in the school.
4. Always take things in a positive manner.
"Everything is good - Everybody is nice & good"
5. Analyse the events that have happened on that day before sleeping and try to correct yourself accordingly.
6. Listen to any good music before going to bed.
7. Go for a walk before sleeping.
8. Simply close your eyes without any thoughts in a calm place/atmosphere.
9. Before sleeping say the slogan "Tomorrow is going to be happier/better than today".
10. To get undisturbed sleep-give commands with closed eyes, "My body is fully relaxed from head to toes. My mind is totally relaxed. Now I am happy, calm, relaxed & peaceful" - then sleep.

Dr. S. Vasudhevan,*

*Expressions from **Dr. S. Vasudhevan**, a leading Orthopaedic Surgeon, Chennai.



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